



# Primary & Behavioral Health Care Integration

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**Region X (AK, ID, OR, WA)**

**PBHCI Regional Learning Community**  
**Seattle, WA**  
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# Behavioral Health is Essential To Health



Prevention Works



Treatment is Effective



People Recover



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# SAMHSA's Regional Administrators' Roles

## Roles of SAMHSA's Regional Administrators

### Represent SAMHSA & Connect with Stakeholders

- Voice of SAMHSA Administrator in the regions and states.
- Educate and engage the public and key stakeholders in SAMHSA's vision, mission, Strategic Initiatives, vital few, theory of change and priorities.
- Connect the public and key stakeholders to people and resources.
- Coordinate with and support the functions of the SAMHSA POs related to grants, contracts and cooperative agreements.

### Promote Initiatives & Engage Target Populations

- Contribute to the development and support of HHS/SAMHSA initiatives and activities that advance behavioral health.
- Lead strategic discussion within communities, states and regions promoting behavioral health and advancing prevention, diagnosis, treatment of and recovery from mental and substance use disorders.

### Collaborate to Support HHS Regions Together

- Lead cross-agency initiatives within the region and incorporate the support and collaboration of key HHS OPDIVs and other federal partners to advance behavioral health.
- Support HHS regional initiatives championed by Regional Directors, Regional Health Administrators, and/or regional OPDIV counterparts
- Identify opportunities to increase collaboration among HHS colleagues to assure behavioral health is a priority.

### Support Stakeholders

- Provide regional behavioral health leadership that supports stakeholder action, program development, policy innovation, and system transformation.
- Leverage national and regional resources and technical assistance in collaboration with headquarters.
- Assist stakeholders in expanding relationships and obtaining the information and resources they need.

### Conduct & Report Regional Environmental Scan

- Prepare periodic reports to communicate important regional/state trends, issues, and policy changes that affect SAMHSA's programs, grantees, and stakeholders.
- Communicate performance success, challenges, and opportunities for improvement.

### LEADERSHIP

- As part of SAMHSA leadership, participate in development and implementation of SAMHSA strategic vision, direction and policies nationally.
- Promote engagement across Centers and Offices as members of the leadership team.

# Region 10 Profile

State	Capital	Population <sup>1</sup>	Pop. Density <sup>2</sup>	Joint	SA Prevalence <sup>3</sup>	SMI Prevalence <sup>4</sup>	Suicide Rate <sup>5</sup>
Alaska	Juneau	710,231	1.2	Yes	9.8	4.11	24.2
Idaho	Boise	1,567,582	19	Yes	8.91	5.76	16.7
Oregon	Salem	3,831,074	39.9	Yes	10.23	5.37	14.4
Washington	Olympia	6,724,540	101.2	Yes	8.6	4.7	13.1
<i>United States</i>	<i>Washington, DC</i>	<i>309,349,689</i>	<i>87.4</i>	<i>N/A</i>	<i>9.1</i>	<i>4.6</i>	<i>11.3</i>

<sup>1</sup>U.S. Census 2010

<sup>2</sup>U.S. Census 2010

<sup>3</sup>SAMHSA, NSDUH 2008-2009, Table 19. Dependence on or Abuse of Illicit Drugs or Alcohol in Past Year among Persons Aged 18 or Older.

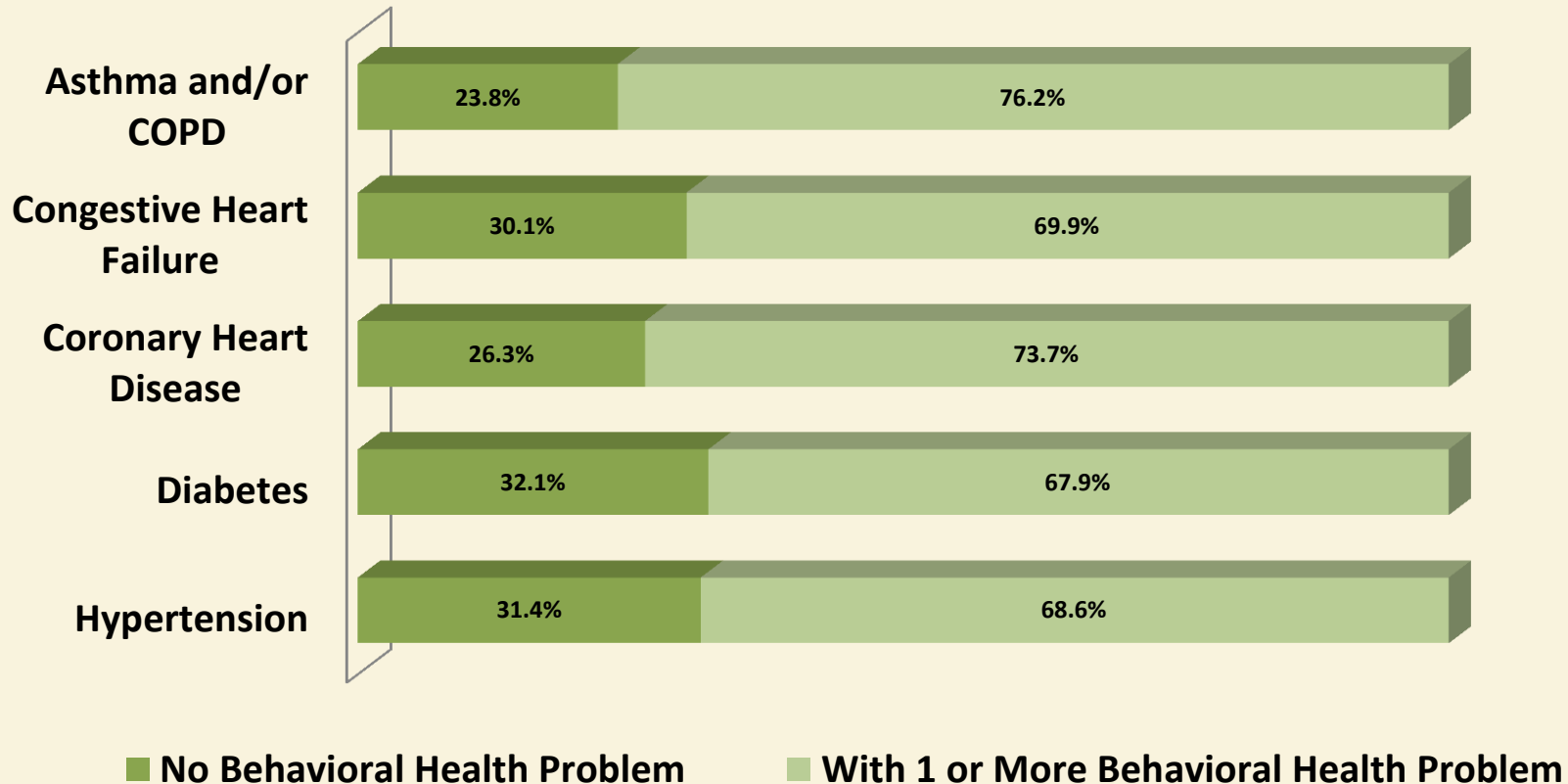
<sup>4</sup>SAMHSA, NSDUH 2008-2009, Table 22. Serious Mental Illness in Past Year among Persons Aged 18 or Older, by State.

<sup>5</sup>CDC, National Vital Statistics System-Mortality (NVSS-M) 2008, per 100,000

# PREVALENCE OF BH CO-MORBIDITIES

(MEDICAID-ONLY BENEFICIARIES W/DISABILITIES)

6



Boyd, C., Clark, R., Leff, B., Richards, T., Weiss, C., Wolff, J. (2011, August). Clarifying Multimorbidity for Medicaid Programs to Improve Targeting and Delivering Clinical Services. Presented to SAMHSA, Rockville, MD.

# Why BH Is Important to Public Health

- Half of Americans will experience MI; half know someone in recovery from addiction
- More deaths from suicide than from HIV/AIDS and traffic accidents combined; 8 million seriously consider suicide each year
- Persons w/ BH conditions die 8+ years younger, from preventable health issues
- Co-morbid diabetes care costs 4 ½ times more
- One of 5 top diagnoses in 30 –day readmissions
- Most homeless and jail populations have BH needs; few receive treatment; most released to community
- Persons with BH needs more likely to be uninsured and to “churn;” 11 mil of 38 mil uninsured  $\leq$  400% FPL have BH needs
- Half of all tobacco deaths are among those with BH
- More adverse childhood experiences, indicate more health and BH conditions in adulthood
- ¼ of adult mental disorders begin by age 14; ½ by age 25



# Strategic Initiative on Health Reform



- ➔ Essential Benefits, Enrollment
- ➔ National Center for Innovation and Financing
- ➔ Uniform Block Grant Application – TA to states
- ➔ Service definitions w/ Medicaid (health homes, rules/regs., good and modern services, screening, prevention) and Medicare (dually eligible populations, annual wellness visit)
- ➔ Primary/Behavioral Health integration



# SAMHSA ENROLLMENT STRATEGY

→ Collaborate w/national organizations whose members/constituents interact regularly w/individuals who have M/SUDs to create and implement enrollment communication campaigns

<http://tiny.cc/GettingReady>

→ Promote and encourage use of CMS marketing materials

→ Provide T/TA in developing enrollment communication campaigns using these materials

<http://tiny.cc/TreatmentProviders>

→ Provide training to design and implement enrollment assistance activities

→ Channel feedback and evaluate success



# Primary and Behavioral Health Care Integration

- Improve the physical health of people with SMI by supporting communities to coordinate and integrate primary care services into publicly funded behavioral health settings
- Grantees will form partnerships to develop or expand their offerings with primary health care services for people with SMI, thus improving overall health status
- Eligible applicants comprise community behavioral health agencies in partnership with primary care providers

# Latest Tools in Integration

- 1. National Dialogue on Mental Health**  
The second-ever White House Conference on Mental Health, held in January, led to the launch of **mentalhealth.gov** and the National Dialogue on Mental Health, which includes an effort to start **conversations about mental health** across communities.
- 2. Federal Investment in Integrated Care**  
Federal investment in integrated care included \$50 million through HRSA in expanded **funding for community health centers** to provide mental health services, a new group of SAMHSA **Primary and Behavioral Health Care Integration grantees**, and tobacco cessation support from the CDC for providers helping people with severe mental illness.
- 3. Medicaid Expansion**  
The Center for Health Care Strategies released an issue brief on **Strategies to Improve Dental Benefits for the Medicaid Expansion Population**, which outlines how 20 Medicaid expansion states intend to offer at least a minimal dental benefit to newly eligible populations. This brief can help inform other states as they determine benefit offerings for the Medicaid expansion population in 2014 and beyond.
- 4. Atlas of Integrated Health Measures**  
The Agency for Health Research and Quality's Academy for Integrating Behavioral Health and Primary Care released several resources, including the **Atlas of Integrated Health Measures**, a user-friendly guide that helps integrated health settings achieve the Affordable Care Act's triple aim.
- 5. Substance Use Treatment Resources**  
New substance use treatment resources from SAMHSA included **Systems Level Implementation of Screening, Brief Intervention and Referral to Treatment (SBIRT)** and **Managing Chronic Pain in Adults with or in Recovery from Substance Use Disorders**, a SAMHSA Treatment Improvement Protocol (TIP 54).
- 6. Innovations in Addictions Treatment**  
Our **Innovations in Addictions Treatment** report shares insights and perspectives from pioneering addiction organizations that integrated primary care services.
- 7. Coalitions and Community Health**  
The Community Anti-Drug Coalitions of America and CIHS developed **Coalitions and Community Health: Integration of Behavioral Health and Primary Care** to outline how the nation's 5,000+ community substance abuse prevention coalitions can help to reduce substance use in ways that complement healthcare providers' integration efforts.



# Latest Tools in Integration (cont.)

## 8. **A Window of Opportunity**

Grantmakers in Health and the Hogg Foundation for Mental Health released the report, **A Window of Opportunity**, which highlights the role philanthropy can play in eliminating health disparities through supporting integrated care.

## 9. **State Innovation Models in Integration**

States are taking on initiatives to improve healthcare quality and provide integrated primary and behavioral healthcare. CMS reported on lessons learned from six states participating in the **State Innovation Models** program.

## 10. **Telebehavioral Health Training Series**

CIHS' **Telebehavioral Health Training and Technical Assistance Series** is designed to help safety net providers and rural health clinics understand and adopt telebehavioral health services. The implementation of these services for mental health and substance use allows for increased access, particularly in rural or underserved areas.

## 11. **Standard Framework for Levels of Integrated Healthcare**

The CIHS **Standard Framework** for Levels of Integrated Healthcare helps primary and behavioral healthcare provider organizations improve outcomes by helping them understand where they are on the integration continuum.

## 12. **Growth in Medicaid Health Homes**

We saw growth in the number of **Medicaid Health Homes**, specifically those addressing behavioral health. As of November 2013, nine states have approved state plan amendments for behavioral health homes: Alabama, Idaho, Iowa, Maine, Missouri, New York, Ohio, Oregon, and Rhode Island.

## 13. **Final Parity Rule**

Four years after passage of the Mental Health Parity and Addiction Equity Act of 2008, a **final rule** was implemented to apply parity to insurance plans.



# Region X Regional Administrator

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